

30

DAY

Wall Pilates Challenge

1.



1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 1

6 reps each side
6 reps each side
6 reps
6 reps
6 reps

Day 2

6 reps each side
6 reps each side
6 reps
6 reps
6 reps

Day 3

6 reps each side
6 reps each side
6 reps
6 reps
6 reps

Day 4

8 reps each side
8 reps each side
8 reps
8 reps
8 reps

Day 5

8 reps each side
8 reps each side
8 reps
8 reps
8 reps

2.



1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 6

8 reps each side
8 reps each side
8 reps
8 reps
8 reps

Day 7

10 reps each side
10 reps each side
10 reps
10 reps
10 reps

Day 8

10 reps each side
10 reps each side
10 reps
10 reps
10 reps

Day 9

12 reps each side
12 reps each side
12 reps
12 reps
12 reps

Day 10

12 reps each side
12 reps each side
12 reps
12 reps
12 reps

3.



1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 11

14 reps each side
14 reps each side
14 reps
14 reps
14 reps

Day 12

14 reps each side
14 reps each side
14 reps
14 reps
14 reps

Day 13

16 reps each side
16 reps each side
16 reps
16 reps
16 reps

Day 14

16 reps each side
16 reps each side
16 reps
16 reps
16 reps

Day 15

18 reps each side
18 reps each side
18 reps
18 reps
18 reps

4.



1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 16

18 reps each side
18 reps each side
18 reps
18 reps
18 reps

Day 17

20 reps each side
20 reps each side
20 reps
20 reps
20 reps

Day 18

20 reps each side
20 reps each side
20 reps
20 reps
20 reps

Day 19

22 reps each side
22 reps each side
22 reps
22 reps
22 reps

Day 20

22 reps each side
22 reps each side
22 reps
22 reps
22 reps

5.



1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 21

24 reps each side
24 reps each side
24 reps
24 reps
24 reps

Day 22

24 reps each side
24 reps each side
24 reps
24 reps
24 reps

Day 23

26 reps each side
26 reps each side
26 reps
26 reps
26 reps

Day 24

26 reps each side
26 reps each side
26 reps
26 reps
26 reps

Day 25

28 reps each side
28 reps each side
28 reps
28 reps
28 reps

Day 26

28 reps each side
28 reps each side
28 reps
28 reps
28 reps

Day 27

30 reps each side
30 reps each side
30 reps
30 reps
30 reps

Day 28

30 reps each side
30 reps each side
30 reps
30 reps
30 reps

Day 29

32 reps each side
32 reps each side
32 reps
32 reps
32 reps

Day 30

32 reps each side
32 reps each side
32 reps
32 reps
32 reps

Pilates At Home Fantasy Football This Month

Jonathan Bales



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